

## [A Success Story:](#)

### **Kansas Third Grader's on the Move**

State Program: Chronic Disease Prevention

National Health Objective: HO 22-6 Physical Activity in Children and Adolescents

Block Grant Role: No other existing federal or state funds

Block Grant Funding Percentage: 100% - Total source of funding

Block Grant Current Year Funds: \$32,500

State Program: Chronic Disease Prevention

National Health Objective: 22-6

Block Grant Role: Only Support

Block Grant Funding Percentage: 100%

Block Grant Current Year Funds: \$22,500

#### **Issue:**

13.6% of Kansas children are at risk of overweight and 11% are overweight<sup>1</sup>. Being overweight has been identified as a risk factor for many chronic diseases including heart disease, cancer and diabetes. A report to the President, from the Secretary of Health and Human Services and the Secretary of Education in the fall of 2000, states that physical inactivity has contributed to an unprecedented epidemic of childhood obesity that is currently plaguing the United States.

#### **Intervention:**

As Kansans are, unfortunately, becoming more sedentary and obese, Kansas Kids Fitness Day (KKFD) activities become more important as a way to impress upon our children the fun and health benefits of non-competitive physical activity. Each year, more than 16,000 third grade students participate in organized non-competitive running, jumping, and throwing activities at one of two flagship sites at Cedar Crest and historic Ft. Larned, or at one of almost 40 other sites across the state. Each participating student is given an enrichment packet containing age-appropriate educational handouts relating to physical activity, nutrition, and safety. Teachers also receive copies of the enrichment materials and tools to help them to incorporate health promotion messages in classroom activities throughout the school year.

The Kansas Kids Fitness Day incentive program, "Third Graders on the Move," was initiated in 2003. The purpose of "Third Graders on the Move" is to enhance the educational and health benefits received by third graders who attend Kansas Kids Fitness Day. Classes choosing to participate in "Third Graders on the Move" are asked to increase the physical activity level of each student in the class by an average of 20 minutes a day for any 30 day period prior to KKFD. Teachers may choose to incorporate 20 minutes of "additional" physical activity into their classroom schedule or may encourage students to obtain 20 minutes of physical activity at home.

#### **Impact:**

16,615 third graders participated at the 2004 KKFD event. 191 third graders participated in the Third Graders on the Move incentive program. They documented 114,600 additional minutes of physical activity in 30 days prior to the KKFD event.

<sup>1</sup> These estimates were obtained from optional state-added questions included on the 2002 Youth Tobacco Survey.